

One can hardly overestimate the value in wholesomeness of an impulse toward nature study, and Miss Boardman is to be congratulated for giving us such an alluring invitation to go forth into the woods in search of beauty. The book will make a charming Easter gift for a nature lover.

THE BABY. A book for Mothers and Nurses. By Daniel Rollins Brown, A.B., M.D. Price \$1.00 net. Whitcomb and Barrows, Boston.

Seldom has it been the lot of the reviewer to chance upon a book written so understandingly and sympathetically by a man, on the "Baby"—a subject usually yielded up to the woman as belonging peculiarly to her province. The present work is designed as an aid to the mother or nurse upon whom rests the responsibility of guarding and nourishing the helpless infant through its early years. The author very rightly insists that upon the fidelity and capability of the mother and nurse in these early days, the welfare of the child depends throughout its life. The professional tone is entirely eliminated and in reading one constantly loses sight of the fact of being under the doctor's orders, although the conviction grows stronger and stronger that the writer knows all that is to be known about babies.

Touching lightly on the features in which the newly born differs from the adult, the pulse, respiration, digestion, etc., the writer passes on to the all-important subject of feeding (no doubt the infants would all applaud if they knew), giving the preference to the breast-feeding; he goes on to speak of substitute feeding where the mother is unable to nourish her child. Unlike many specialists on this subject he prefers the home modified milk to the product of the laboratory, distrusting the multiple handling necessary before the product reaches the baby. Granting that the mother or nurse makes herself intelligent as to the food values of the different parts of the milk, and the modification necessary, she can prepare the food accurately and at a far smaller cost than the laboratories will do it. Moreover it must be far toward compensation for being unable to nourish her child from her own breasts, if she personally sees to the preparation of her child's food and knows the integrity of its constituents.

The premature infant has a chapter to itself and a special table for its food which must needs be specially adapted to its low vitality.

Given its proper food and sleep, and the writer is very insistent on this point, proper clothing, fresh air, and cool baths, he sees no reason why the baby need have any ailments, but if it does there is a chapter on

the simplest means of relieving the small disorders as they appear, many or all of which he attributes to carelessness or worse in the guardian of the child.

On first walking, the baby is to be put at once into right and left shoes, failure to do so resulting in weakened arches and the consequent suffering in later years. The care of the teeth Dr. Brown considers to be preventive, and this may be regarded as the keynote of the book—keep the baby sound and healthy, inculcate good habits from birth, don't allow it to depart from the right path, and you are saved a lifetime of trouble and incidentally the baby is much better off.

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VOMITING AFTER ANÆSTHESIA.—Dr Neef, in an article entitled "Practical Points in Anæsthesia," in the *American Journal of Surgery*, says: When it is important to avoid post-operative vomiting, gastric lavage with plain water, made faintly alkaline with lime water or milk of magnesia, may be done as soon as the narcosis is ended and while the patient is still on the operating table. During the procedure the head end of the table is lowered a few degrees.

I have gathered the impression that *crowding* is one of the prime causes of excessive vomiting after anæsthesia. It has been my experience that cases in which I could truly say that I had not crowded the anæsthetic and where it was not swallowed to any extent during the induction have suffered little or not at all from this disagreeable after-effect of the narcosis.

The attentive nurse will find that there are numerous little things, seemingly insignificant, that help greatly toward the patient's comfort. She may support the wound during a coughing spell or if the patient vomits. If her charge is tormented with nausea a piece of cotton saturated with a mixture of alcohol and acetic acid can be dropped into a tumbler and the patient allowed to inhale the vapor. If the lips and throat are dry and parched, moisture is grateful and small pieces of gauze wet with iced water may be laid over the lips and nostrils.